

Melrose & Pre Preparatory Department

Trinity Term 2019

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Pancetta napolitana sauce with fusilli pasta and garlic bread	Stir fried beef and vegetable noodles with prawn crackers	Chicken Fajitas, Cheese, Salsa & Rice Salad	Honey roast ham with crushed new potatoes and salad	Battered cod with French fries and garden Peas
Green Dish (V)	Singapore vegetable noodles with tofu	Brie and sun-dried tomato filo money bags with roasted herb potatoes	Mexican vegetable loaded nachos with sour cream and salsa	Vegetable dopiaza curry with rice and poppadums	Spinach and courgette lasagna with seasonal salad
	All main and green dishes will be served with vegetables of the day or salad				
Salad Choices (V)	A salad bar is available every day with ham, cheese, tuna or chicken on different days				
Dessert	Pears with chocolate custard Natural yogurt with a fruit coulis Four types of fresh cut fruit	Fruit Jelly Natural yogurt with a fruit coulis Four types of fresh cut fruit	Fudge cookies Natural yogurt with a fruit coulis Four types of fresh cut fruit	Raspberry and white chocolate traybake Natural yogurt with a fruit coulis Four types of fresh cut fruit	Fridge cake Natural yogurt with a fruit coulis Four types of fresh cut fruit

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Pasta Bolognese, Parmesan Cheese & Salad	Fillet of Salmon, Roasted New Potatoes and Mediterranean vegetables	Cajun Chicken with Chilli bean & Vegetable Rice	Pommier sausage, confetti mash potato with barbecue sauce and sweetcorn	Margarita Pizza, Wedges & Salad
Green Dish (V)	Roasted Mediterranean vegetables with cous cous	Baked potato with cheese, beans and salad	Cheese and spring onion omelette with a tomato and cucumber salad	Mushroom stroganoff with steamed rice	Vegetable spring rolls with a rice noodle salad
	All main and green dishes will be served with vegetables of the day or salad				
Salad Choices (V)	A salad bar is available every day with ham, cheese, tuna or chicken on different days				
Dessert	Fruity tray bake Natural yogurt with a fruit coulis Four types of fresh cut fruit	Chocolate mousse with a honeycomb crumb pie with custard Natural yogurt with a fruit coulis Four types of fresh cut fruit	Jam swiss roll Natural yogurt with a fruit coulis Four types of fresh cut fruit	Rice krispy cake Natural yogurt with a fruit coulis Four types of fresh cut fruit	Meringue nests with summer fruits Natural yogurt with a fruit coulis Four types of fresh cut fruit